



FROM PRESSURE TO POWER

*A Parent-Athlete Experience
in Building Confidence That Lasts*

For **girl athletes** who want to strengthen their mindset, grow their confidence, learn to reset quickly and bring their best every time they play - and **for parents** who want to empower and support their athletes.



FEATURING COACH BRE

Breanne Smedley

Co-founder of The Elite Competitor
#1 Mental Training System for Girl Athletes

📷 @elitecompetitorcoach

SESSION 1

- Keynote
- Athlete/Parent Interactive Workshop

LUNCH

SESSION 2

- Panel Discussion: "Real Talk with Athletes Who've Been There"

We have some amazing surprise guests!

DATE

**SATURDAY, MAY 9, 2026
11AM-2PM**

LOCATION

**The Market Square at Crocker Park
239 Market Street, Westlake, OH**

➔ Register Now: www.uscoaches.org

